

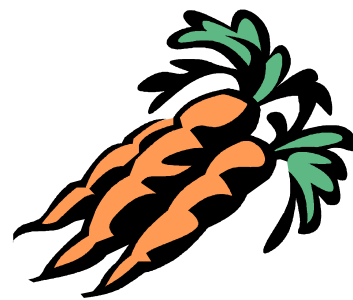


Vegetable of the Week:
Carrots

Healthy Recipe Idea: Apple-Carrot Salad

Ingredients:

- 1 cup carrots, shredded
- 3 (medium) apples, unpeeled and diced
- 1 Tablespoon lemon juice
- 1/2 cup raisins
- 1/3 cup cholesterol free, reduced fat mayonnaise.



Directions:

Combine all ingredients. Chill thoroughly. Serve on leafy lettuce (optional).

How do I choose my apples?

Choose firm, smooth, bruise free apples with no soft spots. For this recipe, or for any recipe that does not involve cooking apples, try Cortland, Golden Delicious, Jonathan, McIntosh, or Red Delicious Apples. Cut each apple into four pieces from top to bottom with a sharp knife and cut out the seeds, stem, and bottom (blossom end). Cut into small pieces, about 1/2 inch on a side.

How do I grate my carrots?

Choose firm, bright orange carrots. Scrub well under running water. Peel if desired with a vegetable peeler, taking off just the outer layer. Use a sharp knife to cut off the tops and tips of each carrot.. You will need about 1/3 of a pound for this recipe. Carefully, but firmly rub each carrot up and down against the side of a grater with round holes. Watch your fingers! This is not a job for kids! Pack loosely into a 1 cup measure.